



Long Beach Department Parks, Recreation & Marine
Community Recreation Services



February 2018

El Dorado Park - Senior Activity Calendar

Special Events/Services

- ♦ 2/6 AARP Smart Drivers Course
- ♦ 2/16 Cardmaking
- ♦ 2/16 Memorial Care BP Checks
- ♦ 2/19 HSA CLOSED
- ♦ 2/28 Mini-Craft Workshop

Weekly Activities

- ♦ Big Band Concert & Dance
Mondays 12-2 p.m.
Wednesday 12:30-2:30 p.m.
- ♦ Bingo
February 6th and 20th

Groups and Club Meetings

- ♦ Book Club
Tuesday 2/6 1-2:30 p.m.
- ♦ Cronit Club
Tuesdays 10-11:30 a.m.
- ♦ Quilting Club
Wednesdays 9:30-12:30 p.m.
- ♦ Crochet & Knitting Club
Fridays 10 a.m.-12 p.m.

HSA Senior Lunch Program

Lunches are served Monday-Friday at 11:30am. Lunches must be ordered 24 hours before the day the lunch is needed. Please stop by or call (562) 429-4283.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Senior Fitness \$4 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1 p.m.	2 Zumba Gold \$4 8:45 a.m. Longevity Stick Class 9 a.m. Light Chair Stretching 10a.m. Almost Ballet \$ 10 a.m. Card Games 11am
5 Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Contract Bridge 12 p.m.	6 Senior Fitness \$4 10 a.m. Card Games 11 a.m.	7 Zumba Gold Toning \$4 9 a.m. Light Chair Stretching 10a.m. Ballroom Dancing \$4 10:30 a.m.	8 Senior Fitness \$4 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1 p.m.	9 Zumba Gold \$4 8:45a.m. Longevity Stick Class 9 a.m. Light Chair Stretching 10a.m. Almost Ballet \$ 10 a.m. Card Games 11am
12 Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Contract Bridge 12 p.m.	13 Senior Fitness \$4 10 a.m. Card Games 11 a.m.	14 Zumba Gold Toning \$4 9 a.m. Light Chair Stretching 10a.m. Ballroom Dancing \$4 10:30 a.m.	15 Senior Fitness \$4 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1 p.m.	16 Zumba Gold \$4 8:45 a.m. Longevity Stick Class 9 a.m. Light Chair Stretching 10a.m. Almost Ballet \$ 10 a.m. Card Games 11am
19 Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Contract Bridge 12 p.m.	20 Senior Fitness \$4 10 a.m. Card Games 11 a.m.	21 Zumba Gold Toning \$4 9 a.m. Light Chair Stretching 10a.m. Ballroom Dancing \$4 10:30 a.m.	22 Senior Fitness \$4 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1 p.m.	23 Zumba Gold \$4 8:45 a.m. Longevity Stick Class 9 a.m. Light Chair Stretching 10a.m. Almost Ballet \$ 10 a.m. Card Games 11am
26 Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Contract Bridge 12 p.m.	27 Senior Fitness \$4 10 a.m. Card Games 11 a.m.	28 Zumba Gold Toning \$4 9 a.m. Light Chair Stretching 10a.m. Ballroom Dancing \$4 10:30 a.m.		